

Shoulder Injuries

Approximately 7.5 million people each year visit their doctor for shoulder problems. Over 2 million of those visits consist of shoulder injuries.

The shoulder is a complex joint with many moving parts. Shoulder injuries are caused by activities that involve excessive, overhead motion. Common sports that involve this type of movement include swimming, tennis, baseball, or weightlifting. Shoulder injuries can also occur from other activities, such as hanging curtains, installing drywall, or gardening.

A small injury to one bone, muscle or tendon can affect the way we use the whole joint, leading to further injury. It's important to respond quickly to shoulder pain and fix the problem immediately.

Common injuries:

- Rotator Cuff Tear
- Clavicle (Collarbone) Fracture
- Labrum Tear
- Shoulder Dislocation
- Shoulder Impingement
- Shoulder Separation
- AC Joint Injuries or Pain

Did you know:

The clavicle (collarbone) is the most frequently broken bone in the body?

Dr. Dougherty is the developer of a special clavicle pin that restores range of motion after a break in just days. Older treatments require immobilizing the arm for weeks.

The rotator cuff is not a single muscle, but rather a group of muscles, bones, ligaments tendons that work together to help you move your arms?

Arthroscopic rotator cuff procedures are significantly quicker and less painful than traditional open surgeries, with much shorter recovery times. Dr. Dougherty nearly always performs rotator cuff scopes on an out-patient basis.

Procedures Dr. Dougherty performs:

- All arthroscopic rotator cuff repairs
- Arthroscopic labral repairs
- Arthroscopic Instability repair
- Capsular shrinkage surgery
- Shoulder replacement surgery – Bipolar X-ray
- Articular Cartilage repair and transplantation
- Arthroscopic Labral Allograft/Xenograft reconstruction
- Acromioclavicular joint reconstruction
- All Arthroscopic- Subacromial decompression
- All Arthroscopic Acromioclavicular joint resection
- Pectoralis Major avulsion repairs
- Subacromial Decompressions
- Subcoracoid decompression
- Arthroscopic Biceps tendon transfer (repairs biceps tendonitis, eliminating pain)